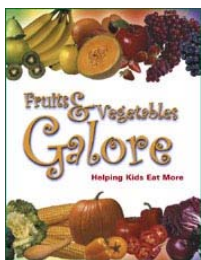


How can we promote fruit and vegetable intake?

- Use your resources.



Fruits & Vegetables Galore is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Use *Fruits & Vegetables*

Galore to help rejuvenate your cafeteria with colorful fruits and vegetables. For more information, visit http://www.fns.usda.gov/tn/Resource/s/fv_galore.html.

USDA Fruit and Vegetable Pilot School Project is a comprehensive school program to encourage the eating of fruits and vegetables by students.

For more information, visit <http://5aday.gov/tools/school/index.html>.

The Internet has many great websites about healthy eating for kids to explore as well as many informational sites for teachers and food service professionals. Check out

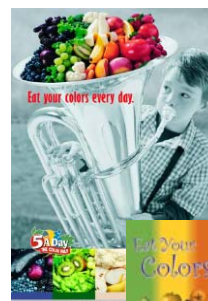
<http://www.5aday.gov/>, <http://www.fns.usda.gov/tn/>, and <http://www.mypyramid.gov/> for starters.



- Use a nutrition curriculum to teach students about healthy eating.

For a list of **nutrition curriculum and resources** available from Child and Adult Nutrition services and the South Dakota State Library, visit <http://doe.sd.gov/oess/cans/nutrition/curriculum.asp>.

- Promote fruits and vegetables through taste tests and giveaways.



- Decorate rooms and hallways with colorful posters promoting fruits and vegetables.



For more information about posters and decorations, visit <http://teamnutrition.usda.gov/library.html>, http://www.mypyramid.gov/global_nav/order.html, or call the CANS office at (605) 773-3413.

- Read about fruits and vegetables.

For a list of **children's books** about food and nutrition available from the South Dakota State Library, visit <http://doe.sd.gov/oess/cans/nutrition/curriculum.asp>.

- Talk about the importance of eating fruits and vegetables.

- Invite a Registered Dietitian to speak at your school.



- Have students record what fruits and vegetables they eat every day.



Fruit and Vegetable Challenge packet is a great way for students record what fruits and vegetables they eat. For more information, visit <http://teamnutrition.usda.gov/Resources/fvchallengepacket.html>.

- Encourage and model eating fruits and vegetables as snacks.

- Always serve a fruit and a vegetable with lunch.

- Always serve a fruit with breakfast.

- Serve and display fruits and vegetables in an appetizing manner.

- Serve a variety of fruits and vegetables for breakfast and lunch.



- Place fresh fruits and vegetables in vending machines and sell them at concession stands.

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For more information, visit...

- <http://www.5aday.gov/>
- <http://www.fns.usda.gov/tn/>
- <http://www.mypyramid.gov/>



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For more information on child health and nutrition, visit...

- <http://doe.sd.gov/oess/cans/index.asp>
- <http://doe.sd.gov/oess/schoolhealth/index.asp>
- <http://doe.sd.gov/oess/cans/nutrition/index.asp>
- <http://www.healthysd.gov/>



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Eat Your Fruits and Veggies!



Getting Kids to Get
5 a Day